

**COLUMBUS POLICE DEPARTMENT  
WOMEN'S SELF DEFENSE COURSE  
APPLICATION**

**Name:** \_\_\_\_\_

**Address:** \_\_\_\_\_

(Number and Street (Apt. #), City, State, Zip)

Date of Birth: \_\_\_\_\_ Home Phone Number: \_\_\_\_\_

Work/Cell Phone: \_\_\_\_\_

Work Address: \_\_\_\_\_

**E-Mail Address:** \_\_\_\_\_

**\*All above fields are required and are for Department use ONLY.**

The purpose of the Columbus Police Departments Women's Self Defense Course is to educate and teach basic self-defense to females in our community.  
**There is no cost for this course.**

The course will run for four consecutive weeks at Columbus North High School Wrestling and Class rooms. Entry will be through the Athletic/Pool Entrance.

The dates are (Thursdays) October 30<sup>th</sup>, November 6<sup>th</sup>, November 13<sup>th</sup> and November 20<sup>th</sup>, 2014. The class will run from 7:30pm-9:30pm each session.

Attire for the attendees is gym or "work out style" clothing and NO jewelry.

The session will start with a basic self-defense and security awareness PowerPoint presentation followed by some Self Defense basics. Each week, the class will progress through striking, kicking, basic, counter measures, escapes and human targeting.

**Applications need to be sent or dropped off at the Columbus Police Department, 123 Washington Street, 47201. Attention Sgt. Matt Harris. Applications can also be sent by email to [dharris@columbus.in.gov](mailto:dharris@columbus.in.gov).**